

Abstract

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Title of the thesis:

Case study of physiotherapy treatment of patient with distortion of ankle joint

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Objectives:

The goal of this Bachelor's thesis is to gather and present theoretical knowledge about ankle joint and distortion of this joint. This theoretical information's with addition of practical examination are collaborated to create patients specific case study.

Summary:

In this bachelor thesis I give attention towards the ankle joint. It is separated into two distinct parts which are theoretical and practical part. First is the theoretical part in which I introduce and present the anatomical, biomechanical, kinesiological, and overall functional structures and aspects of the ankle joint. Further more I dive into reasoning of different types of distortions, its reasoning behind why they occur, and possibilities of treatment. The second part is the practical where you may read about my experience in Centrum léčby pohybového aparátu (CLPA) where I worked with a patient that has suffered the ankle joint distortion. Practical part includes: methodical work, initial kinesiological examinations, treatment plan, day to day therapy where I explain step by step the methods of treatment that I have used and why, and final kinesiological examination with conclusion of my therapies. Lastly I have created therapy effect evaluation with tables comparing initial and final examination results.

Key words:

Case study, Physiotherapy, Ankle joint, Talocrural joint, Treatment of distortion, Traumatology